

## APPROVED

### Must Be

These brands and types:

8th Continent Soymilk  
Half-gallon containers  
Refrigerated  
Original or Vanilla

Pacific Ultra Soy  
32 oz (quart) containers  
Shelf-stable  
Plain or Vanilla



## NOT APPROVED

### Do Not Buy

Brands, sizes, and types not listed as approved

## APPROVED

### Must Be

12 oz to 16 oz container

Calcium-set

Plain



### You Can Choose

Any brand

Refrigerated or shelf-stable

### Shopping Tip

You can choose **any brand** of tofu. **Some examples** are listed below. Others are listed on the WIC website.

Azumaya

Extra Firm, Firm, Silken

House Foods Organic

Extra Firm, Firm, Medium Firm, Soft (Silken)

House Foods Premium

Extra Firm, Extra Soft, Firm, Medium Firm, Soft (Silken)

Mori-Nu Organic

Silken Extra Firm, Silken Firm, Silken Lite Firm

Nasoya

Lite Firm, Lite Silken, Organic Extra Firm, Organic Firm, Organic Silken, Organic Soft

Sun Luck

Chinese Style Firm, Japanese Style, Nugoshi Soft

## NOT APPROVED

### Do Not Buy

Sizes and types not listed as approved

Sizes other than 12 oz to 16 oz

Added flavors, foods, or spices

Baked, cubed, or sliced

Dessert tofu